ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

Tel:

08457 089 009

Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (PETL59021)
- the NAME of the product (PROFORM® 7.25Q treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and the DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual)

Part No. 183798 R0802A

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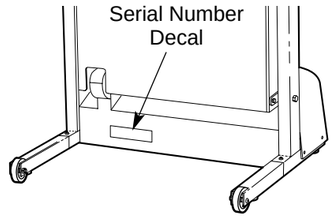
PRO-FORM 7.25Q

Model No. PETL59021
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

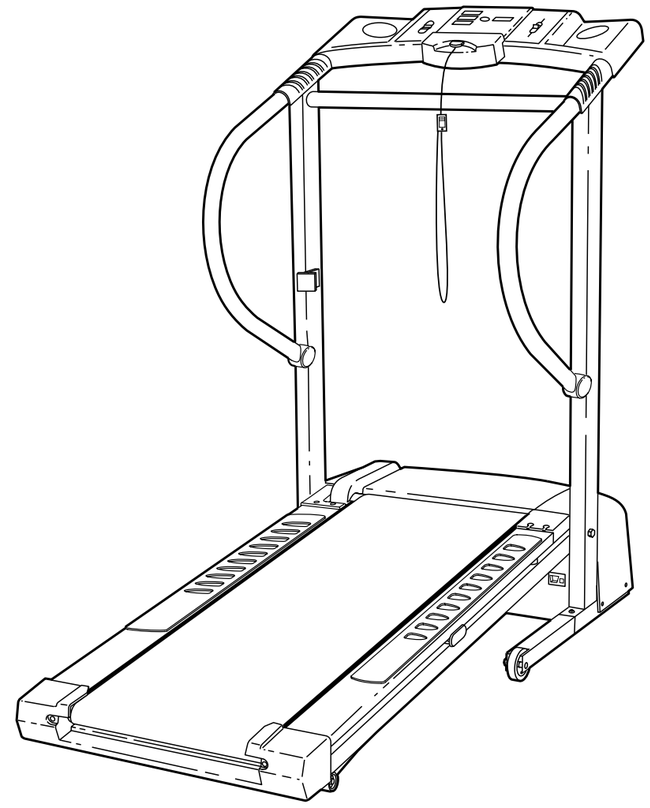
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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PRO-FORM 7.25Q

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ORDERING REPLACEMENT PARTS . . . . . Back Cover

Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual.

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NOTES

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

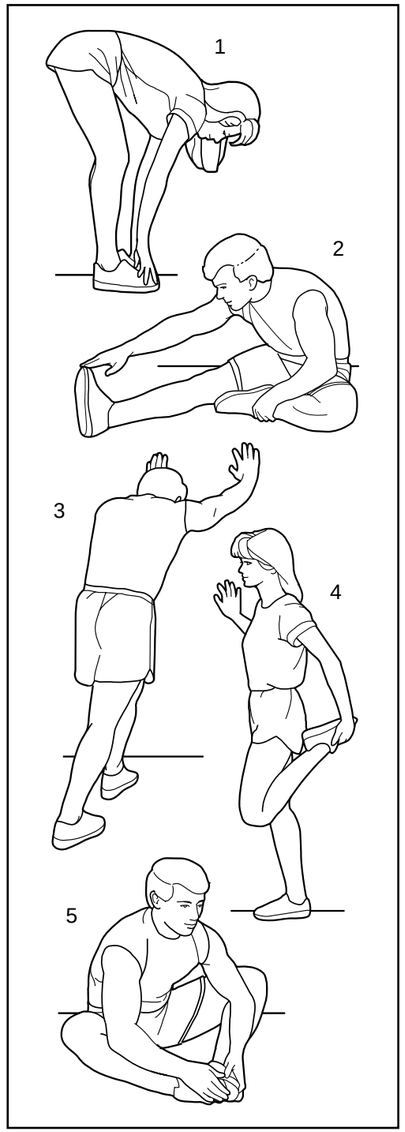
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described in this manual.**
3. **Place the treadmill on a level surface, with at least 2 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 115 kg (250 lbs.) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.**
10. **When connecting the power cord (see page 9), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).**
12. **Keep the power cord away from heated surfaces.**
13. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)**
14. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
17. **Never leave the treadmill unattended whilst it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 13.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
20. **Inspect and properly tighten all parts of the treadmill regularly.**
21. **Never insert any object into any opening.**

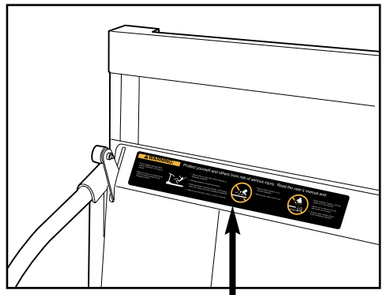
22. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.**

23. **This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.**

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



Note: The decal is shown at 38% of actual size.

⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and:
• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.
• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Never allow children on or around treadmill.
• Remove key when not in use.
• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the chest pulse sensor.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

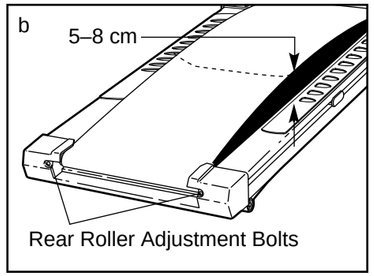
Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

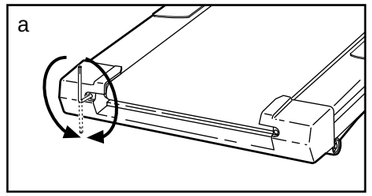
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 8 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



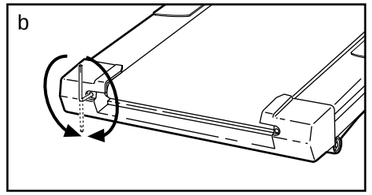
c. If the walking belt still slows when walked on, call our Customer Service Department.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



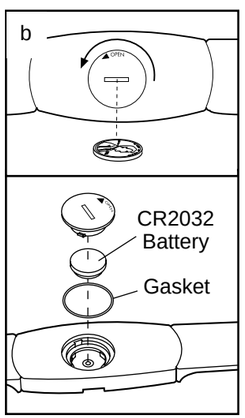
b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 8 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The heart rate monitor does not function properly

SOLUTION: a. If the heart rate monitor does not function properly, refer to CHEST PULSE SENSOR TROUBLESHOOTING on page 10.

b. If the heart rate monitor still does not function properly, the battery should be replaced. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the “open” position. Remove the cover. Next, remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. Make sure that the rubber gasket is in place in the sensor unit. Reattach the battery cover and turn it to the closed position.

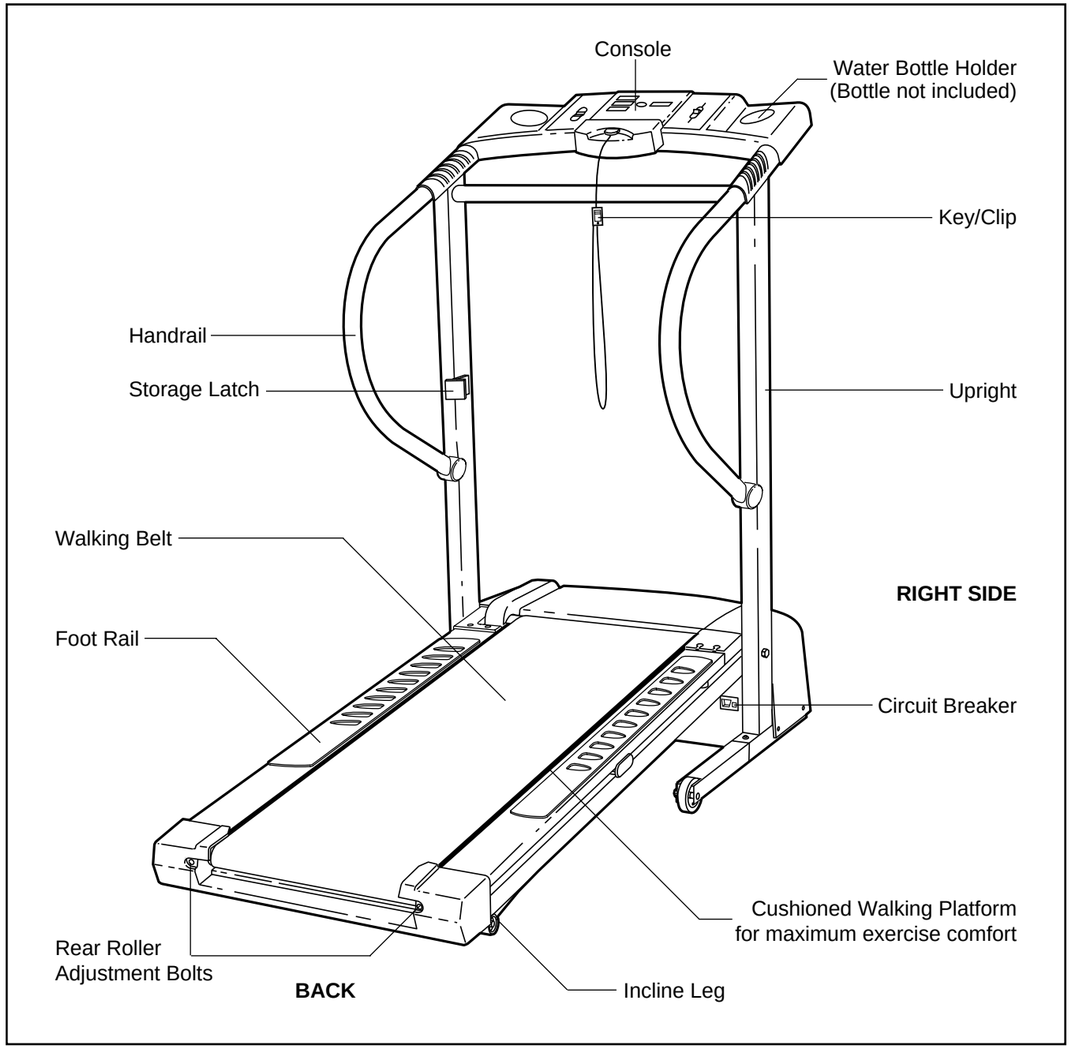


BEFORE YOU BEGIN

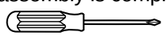
Congratulations for selecting the new PROFORM® 7.25Q treadmill. The 7.25Q treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience and privacy of your home. And when you’re not exercising, the unique 7.25Q can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PETL59021. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver**  **and wire cutters** **.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

⚠WARNING: Do not plug in the power cord until the treadmill is completely assembled.

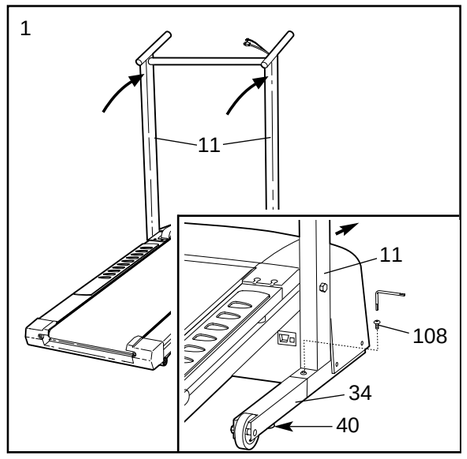
1. Cut the plastic tie off the side of the treadmill.

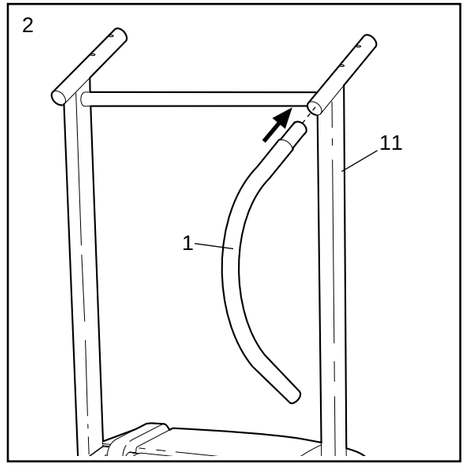
   With the help of a second person, carefully raise the Uprights (11) until the treadmill is in the position shown.

   Insert one of the Extension Legs (34) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [11] in the direction shown by the arrow as you insert the Extension Leg.) Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (108). **Be sure to push on the head of the Extension Leg Screw whilst tightening it.**

   Attach the other Extension Leg (34) in the same way.

2. Insert a Handrail (1) into the tube at the upper end of the right Upright (11). Have a second person hold the Handrail whilst you complete step 3.





TROUBLESHOOTING

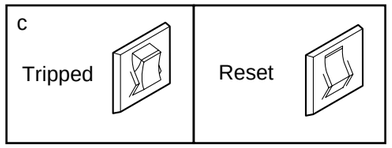
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 9). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key fully into the console.

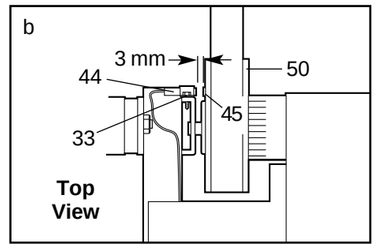
d. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. **UNPLUG THE POWER CORD.** Check the batteries in the console. If the batteries need to be replaced, see assembly step 8 on page 8. Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood. Carefully remove the hood.

Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (33) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

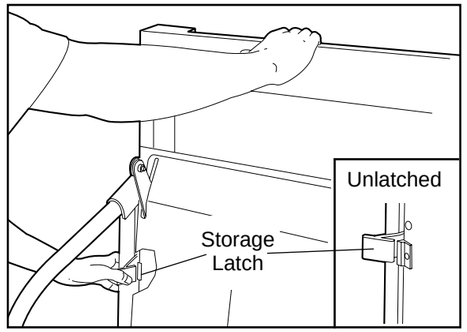


PROBLEM: The walking belt slows when walked on

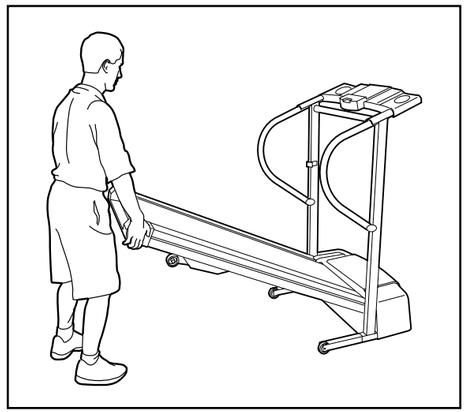
SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

HOW TO LOWER THE TREADMILL FOR USE

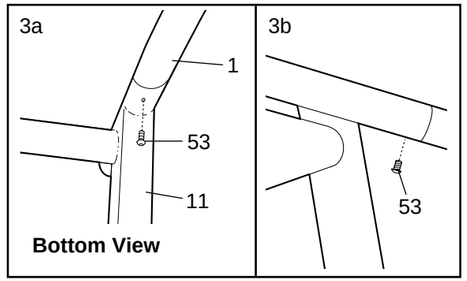
1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame and foot rail are past the storage latch.



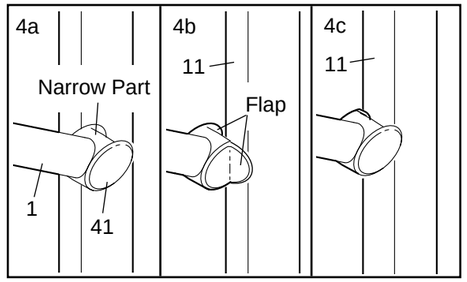
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**



3. Align the hole in the Handrail (1) with the indicated hole in the right Upright (11). Thread a Handrail Screw (53) **two turns** into the Upright and the Handrail at the angle shown in drawing 3b. It may be helpful to lift up and push down on the Handrail as you thread the Handrail Screw.



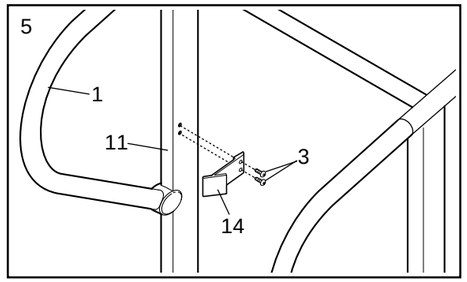
4. Refer to drawing 4a. Slide a Handrail Endcap (41) onto the end of the Handrail (1). The Handrail Endcap should fit on the Handrail as shown, with the narrow part of the Handrail Endcap on top. Pivot the lower end of the Handrail to the side as shown. Refer to drawing 4b. Fold the flap on the Handrail Endcap to one side or the other as you position the Handrail Endcap on the Upright (11) as shown in drawing 4c.



5. Refer to step 3. Tighten the Handrail Screw (53).

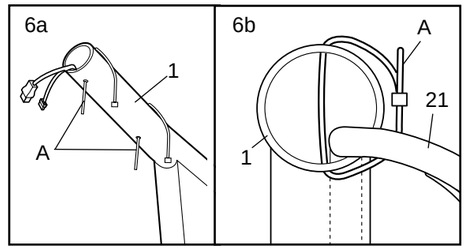
   Attach the other Handrail (1) to the left Upright (11) as described in steps 2 to 4.

   Attach the Storage Latch (14) to the left Upright (11) with two Latch Screws (3). **Be careful not to overtighten the Latch Screws.**



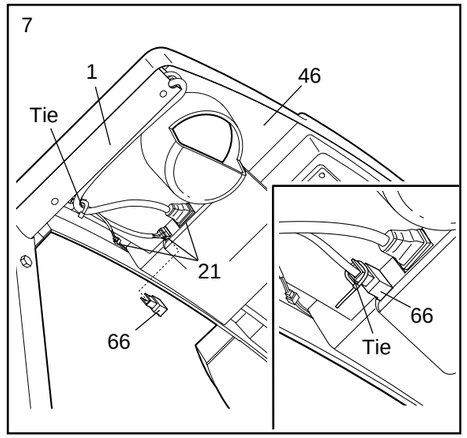
6. Refer to drawing 6a. Insert two of the included plastic ties (A) through the indicated holes in the right Handrail (1).

   Refer to drawing 6b. Look into the right Handrail (1) and make sure the Wires (21) have been secured to the side shown. Tighten the plastic ties (A).



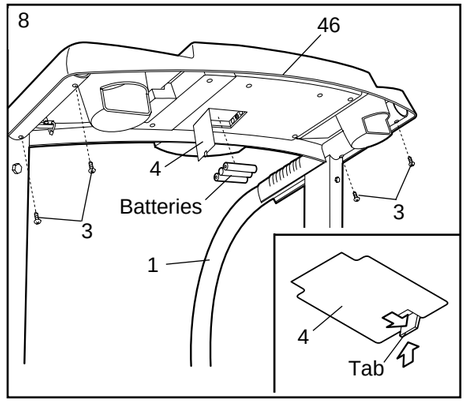
7. Place the Console Base (46) on the Handrails (1) (only the Right Handrail is shown). Pull out just enough of the three Wires (21) to connect them to the receptacles in the Console Base. Make a loop with the indicated plastic tie and insert the end through the tie holder on the bottom of the Console Base. Locate the Wire that has a two-pin connector and a three-pin connector on the end. Plug the connectors into the matching receptacles in the Console Base. **If the connectors do not fit easily**, **rotate them and then plug them in.** Slide the Wire Cover (66) onto the connectors so that they are completely covered. Next, plug the large Wire into the matching receptacle on the Console Base. Then, plug the small wire into the wire on the Console Base. **WARNING: Do not connect or disconnect the Wires whilst the treadmill power cord is plugged in.** Tighten the plastic tie and cut off the end.

   See the inset drawing. Loop one of the included plastic ties around the Wire Cover (66) so that the plastic tie is in the two notches in the Wire Cover. Tighten the plastic tie and cut off the end.



8. Thread four Long Screws (3) into the Handrails (1) and the Console Base (46). **Make sure that the wires in the Right Handrail are clear of the screw holes.** After all four Long Screws have been started, **tighten them until they are snug; do not overtighten them.**

   The console requires three 1.5 V batteries. Alkaline batteries are recommended. To install batteries, **first touch the Uprights (11) to discharge any static.** Next, open the Battery Cover (4) as shown. Insert three batteries into the battery compartment, **making sure that the negative (–) ends of the batteries are touching the springs in the battery compartment.** Close the Battery Cover, push up on the tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place. Remove the plastic ties used in step 6.



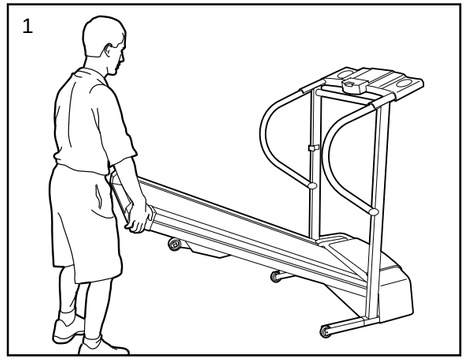
9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 16). To protect the floor or carpet, place a mat under the treadmill.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

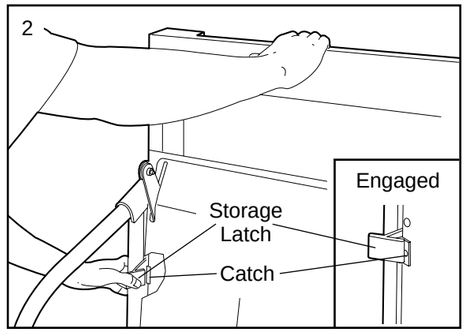
Before folding the treadmill, unplug the power cord.
CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. It may be helpful to push out on the handrail as you raise the treadmill. **Make sure that the storage latch is fully engaged over the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



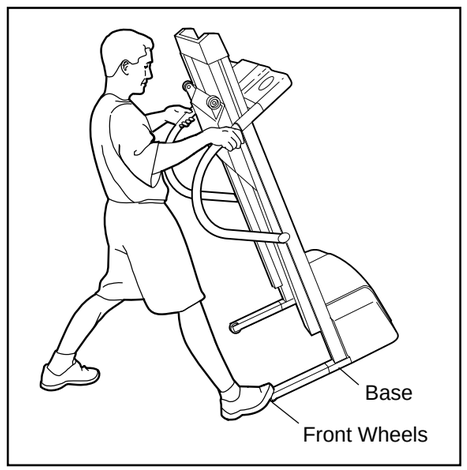
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

1. Hold the upper ends of the handrails. Place one foot on the base as shown.

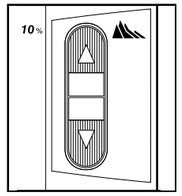
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



3 **Adjust the incline of the treadmill as desired.**

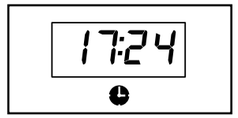
To change the incline of the treadmill, press the top or bottom of the incline control until the desired incline level is reached.



4 **Follow your progress with the four displays.**

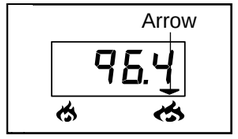
Speed display—This display shows the speed of the walking belt.

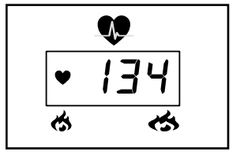
Time display—This display shows the elapsed time.



Distance display—This display shows the distance that you have walked or run.

Cals/Fat Cals/Pulse display—This display shows the approximate numbers of calories and fat calories you have burned. (See Fat Burning on page 17.) Every few seconds, the display will change from one number to the other. Arrows in the display will indicate which number is currently shown. Note: When the chest pulse sensor is worn, this display will also show your heart rate.





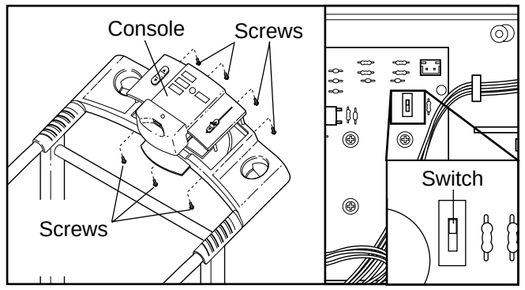
To reset the displays at any time, press the On/Reset button.

5 **When you are finished exercising, stop the walking belt and remove the key.**

Step onto the foot rails, stop the walking belt, and remove the key from the console. The displays will turn off a few minutes after the key is removed. **Note: To conserve the batteries, the displays will automatically turn off any time that the walking belt is stopped and the On/Reset button is not pressed for a few minutes.**

HOW TO SELECT KILOMETRES AND MILES

The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD.** Next, remove the screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch up or down to select kilometres or miles. Reattach the console to the console base. **Next, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**



OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALTZING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

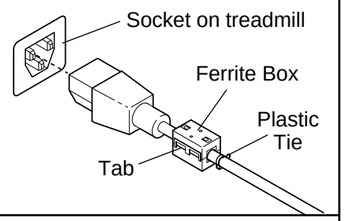
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.

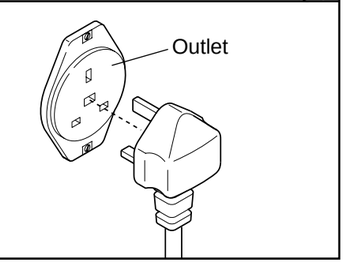
Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. Next, lift the tab on the ferrite box and clamp the ferrite box around the power cord. The ferrite box should not be allowed to slide along the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.

If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

1



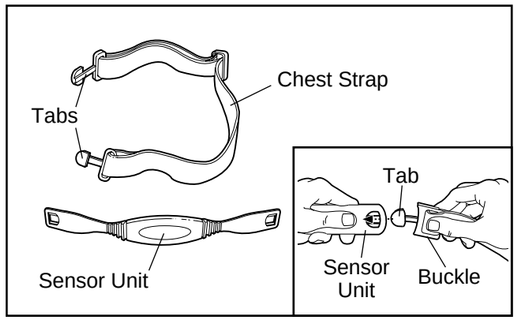
2

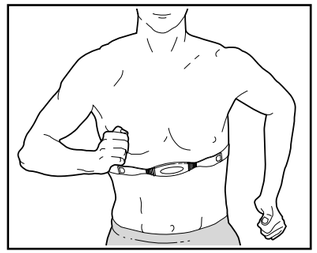


⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

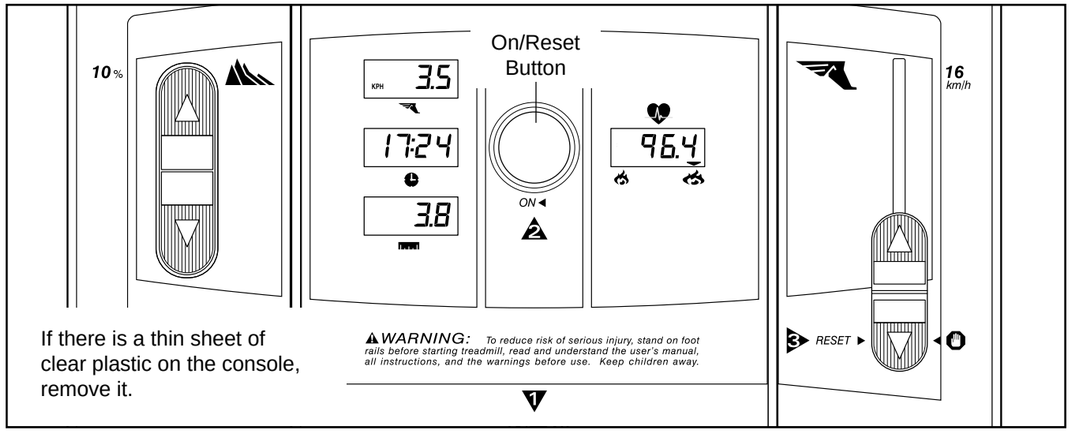
CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 50° C (122° F) or below -10° C (14° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 16).

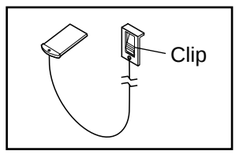


If there is a thin sheet of clear plastic on the console, remove it.

⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing above) whilst using the treadmill. When the key is removed, the walking belt will stop.**
- **Adjust the speed in small increments.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on it and use only a sealable water bottle.**

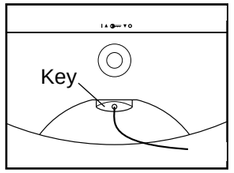
STEP-BY-STEP CONSOLE OPERATION



Make sure that the power cord is properly plugged in (see page 9). Next, step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothes. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

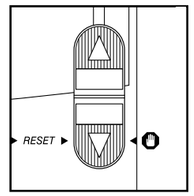
Note: The console can display distance and speed in either kilometres or miles. (See HOW TO SELECT KILOMETRES AND MILES on page 12.)

1 Insert the key fully into the console.



Inserting the key will not turn on the displays. The displays will turn on when the On/Reset button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.

2 Reset the speed control and start the walking belt.



Slide the speed control down to the Reset position. **Note: Each time the walking belt is stopped, the speed control must be moved to the Reset position before the walking belt can be restarted.**

After you have moved the speed control to the Reset position, slowly slide the speed control upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the Reset position.

During the first few minutes that you use the treadmill, inspect the alignment of the walking belt, and align it if necessary (see page 16).

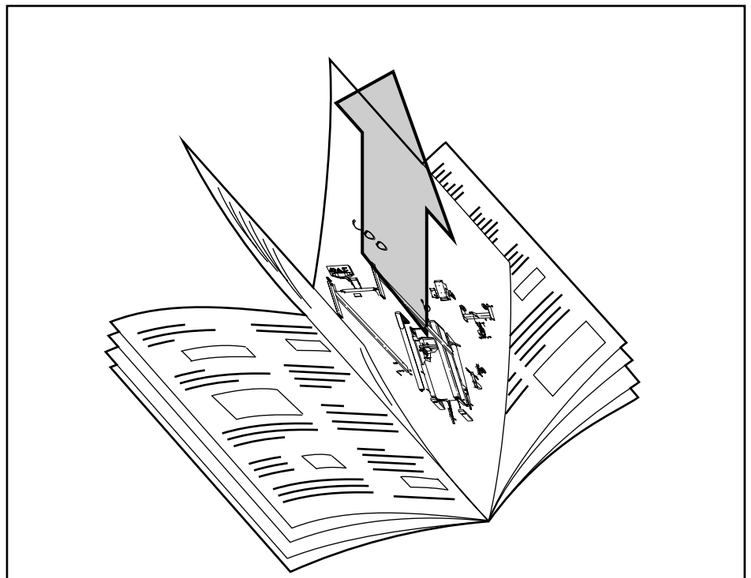
PART LIST—Model No. PETL59021

R0802A

Key	Qty.	Description	Key	Qty.	Description	Key	Qty.	Description
1	2	Handrail	38	6	Wheel Nut/Lift Nut	81	1	Stop Bracket Bolt
2	1	Key/Clip	39	5	Washer	82	1	Incline Leg
3	8	Long Screw/Latch Screw	40	4	Base Pad	83	2	Rear Roller Adj. Bolt
			41	2	Handrail Endcap	84	1	Rear Endcap
4	1	Battery Cover	42	1	Catch	85	1	Latch Decal
5	1	Foot Grip (Left)	43	1	Reed Switch Clip	86	1	Rear Roller
6	1	Lift Motor	44	1	Reed Switch	87	1	Frame
7	2	Incline Leg Bolt	45	1	Magnet	88	1	Pulley Shield
8	1	Speed Potentiometer	46	1	Console Base	89	1	Rear Foot Pad (Right)
9	1	Speed Control Knob	47	2	Frame Pivot Spacer			
10*	1	Console Assembly	48	4	Platform Screw	90	4	Nylon Washer
11	1	Upright	49	2	centre Isolator	91	1	Rear Foot Pad (Left)
12	1	Motor Belt	50	1	Front Roller/Pulley	92	1	Electronic Bracket
13	2	Cable Tie Screw	51	1	Front Roller Adj. Bolt	93	2	Motor Pivot Bushing
14	1	Storage Latch	52	2	Incline Wheel	94	1	Motor Pivot Sleeve
15	1	Foot Grip (Right)	53	2	Handrail Screw	95	1	Filter
16	7	8” Cable Tie	54	2	Rear Platform Screw	96	1	Grommet
17	1	Motor Swivel Nut	55	1	Receptacle	97	1	Pulse Wire
18	1	Pulley/Flywheel/Fan	56	1	Circuit Breaker	98	1	Power Cord Set
19	1	Motor	57	2	Frame Pivot Washer	99	14	Console Screw/ Endcap Screw
20*	1	Motor/Pulley/ Flywheel/Fan	58	2	Frame Pivot Bolt			
			59	4	Front Endcap Screw	100	4	Guide Belt Screw
21	1	Wire Harness	60	1	Motor Belly Pan	101	1	Filter Wires
22	1	Foam Block	61	4	Cable Tie Clamp	102*	2	Base Leg Assembly
23	1	Motor Hood	62	1	Pulse Receiver	103	1	Console Base Cover
24	1	Hood Shield	63	3	Releasable Tie	104	4	Fastener
25	16	Small Screw	64	1	Choke	105	2	Short Console Screw
26	1	Controller	65	2	Belt Guide			
27	1	Motor Pivot Bolt	66	1	Wire Cover	106	1	Pulse Bar
28	1	Motor Tension Nut	67	1	Walking Belt	107	1	Ferrite Box
29	1	Motor Tension Star Washer	68	1	Walking Platform	108	2	Extension Leg Screw
			69	1	Belly Pan	#	1	14” White Wire
30	1	Motor Tension Washer	70	17	Electronics Screw	#	1	4” White Wire, 2F
			71	1	Incline Wire Harness	#	1	4” Green Wire, F/ring
31	2	Motor Tension Bolt/ Leg Bolt	72	2	Front Isolator	#	1	4” Black Wire, 2F
			73	4	Isolator Screw	#	1	8” White Wire, Pigtail
32	1	Incline Stop Bracket	74	1	Chest Pulse Sensor	#	1	User’s Manual
33	9	Reed Switch Screw/ Hood Screw	75	1	Chest Pulse Strap			
			76	1	Left Front Endcap	* Includes all parts shown in the box.		
34	2	Extension Leg	77	2	Incline Wheel Bolt			
35	1	Allen Wrench	78	1	Right Front Endcap	# These parts are not illustrated.		
36	2	Wheel Bolt	79	4	Incline Wheel Nut			
37	2	Wheel	80	1	Ground Wire			

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User’s Manual.

EXPLODED DRAWING—Model No. PETL59021

R0802A